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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

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	<p>1 Volunteer to help in your neighborhood spring clean-ups.</p>	<p>2 Children learn a sense of community from participating in projects like neighborhood yard sales and cooperative gardens.</p>	<p>3 Lend a hand to projects that make your community “kid-friendly” – bike lanes, new play equipment or supervised recreation programs.</p>	<p>4 Let kids help make plans for the weekend.</p>	<p>5 Cinco de Mayo Celebrate with a family dinner that includes everyone’s favorite Mexican dish.</p>	<p>6 Join Hands Day This national event brings young people and adults together to make their neighborhoods better. For info, visit www.joinhandsday.org.</p>
<p>7 Visit the park today and push your little ones on the swing or follow a walking trail.</p>	<p>8 Help your child make a map of your neighborhood. Mark your house and other landmarks.</p>	<p>9 National Teacher Day Help your child make a card that expresses appreciation for his or her teacher.</p>	<p>10 May is National Physical Fitness & Sports Month Encourage everyone in your family to have an exercise routine.</p>	<p>11 Check your local aquarium or planetarium to find out what interesting children’s programs are going on this weekend.</p>	<p>12 Community and church yard sales are great places to find inexpensive toys and games.</p>	<p>13 Teach responsibility by sharing household chores with your children.</p>
<p>14 Mother’s Day A good day for Mom to relax and enjoy what she would like to do most.</p>	<p>15 Make time for family fun. All you need is commitment and a playful spirit.</p>	<p>16 Planning a family project? Include tasks for everyone, so even the little ones can help.</p>	<p>17 Attend your local high school sporting events. They’re fun to watch and usually free.</p>	<p>18 Encourage children to keep your neighborhood tidy by putting trash in its place.</p>	<p>19 Brighten your world! Let the children help plant window boxes or porch planters with colorful flowers like zinnias or marigolds.</p>	<p>20 Cleaning out the garage or attic? You’ll make some child very happy this summer by donating outgrown bikes, toys or sports equipment.</p>
<p>21 Take a family “field trip” to explore somewhere new in your community – a farmer’s market, hiking trail or historic site.</p>	<p>22 Your carpentry or landscaping skills – even your talent with a paint brush – are welcomed by organizations that build and renovate homes for low-income families.</p>	<p>23 Ask your children to make a list of fun new things they’d like to try this summer.</p>	<p>24 Spring cleaning? Good-quality household items you no longer want can help a family in need. Check with local churches or charities about donating them.</p>	<p>25 Get involved with your community planning group to make local streets, parks and playgrounds safe and welcoming places for children of all ages.</p>	<p>26 Get together with another family in your neighborhood to catch up on news and share a barbecue or potluck supper.</p>	<p>27 This weekend, take time out just to spend quality time with your kids.</p>
<p>28 Plant a tree as a family project! You’ll beautify your neighborhood and help create cleaner air.</p>	<p>29 Memorial Day Celebrate the holiday – enjoy a local parade and a picnic with your family.</p>	<p>30 Swim Season is here! Be sure to review Water Safety rules at www.njredcross.org.</p>	<p>31 This spring, join with your neighbors to plan a block party, community garden or a neighborhood watch.</p>	<p>Spring is a great time to get out and enjoy your community. Try these ideas to get the whole family involved.</p>		

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